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For a tasty Thai Green Curry for two:

Sizzle: Heat 2 tbsps of oil, and 1 chopped clove of garlic, fry until soft. Add 1/2 jar of **GEO ORGANICS THAI GREEN PASTE**, cook for 1 min to release the flavour. Add 1 green pepper plus 500g of vegetables or meat and cook until sealed. For extra spice add a green chili (optional) and 300ml **Geo Organics Coconut Milk**, bring to boil then simmer until cooked. **Enjoy:** Add 1 tbsp lime juice (optional), garnish with coriander and serve with Jasmine rice. See website for more recipe ideas.

Produced in NL for: Venture Foods UK Ltd, Unit S23
Hastingwood Ind. Park, Wood Ln, Birmingham, B24 9QR
www.geoorganics.co.uk
EU: Rua Lourenco Moleiro, 233, Zona Ind. de Mosteiro,
4520-409 Mosteiro VFR, Portugal.
Australian Distributor: Watersteps Pty Ltd, 2/92a
Bradleys Head Road Mosman, NSW 2088



NL-BIO-01
EU/non-EU
agriculture

180g

INGREDIENTS:

EN Water, Green Pepper* (23%), Onion Paste*, Sunflower Oil*, White Wine Vinegar*, Garlic Paste*, Corn Starch*, Green Chilli Pepper* (2%), Sea Salt, Spices* (Cumin*, Coriander*, Ginger*), Orange Juice*, Lemongrass Oil. *Organically Produced. For Allergens: See ingredients in **Bold**. Not suitable for those with allergies to **Nuts**. This product is made in a factory that handles soya, egg, dairy products and nuts.

FR Eau, poivre vert* (23%), pâte d'oignon*, huile de tournesol*, vinaigre de vin blanc*, pâte d'ail*, amidon de maïs*, piment vert* (2%), sel marin, épices* (cumin*, coriandre*, gingembre*), jus d'orange*, huile de citronnelle, *Produites Biologiquement. Pour les allergènes: Voir les ingrédients en **gras**. Peut contenir des traces de **noix**. De préférence avant fin: voir couvercle.

NL Water, groene paprika* (23%), Uienpuree*, zonnebloemolie*, witte Wijnazijn*, Knoflookpuree*, maïzetmeel*, groene chilipeper* (2%), zeezout, specerijen* (komijn*, koriander*, gember*), sinaasappelsap* Citroengras olie, *Van Gecontroleerd Biologische Teelt. Voor allergenen: zie **vetgedrukte** ingrediënten. Kan sporen van **noten** bevatten. Houdbaar tot einde: zie deksel.

Nutritional Information

Typical Values/ Valeurs Moyennes/ Per 100g	
Gemiddelde Waarden	693kj
Energy/ Energie/ Energie	166Kcal
Fat/ Matière Grasse/ Vetten	8.2g
of which saturates/ dont acides gras saturés/ waarvan verzadigde vetzuren	2.1g
Carbohydrate	18.1g
Glucides/ Koolhydraten	
of which sugars/ dont sucres/ waarvan suikers	3.0g
Fibre/ Fibres Alimentaires/ Vezels	N/A
Protein/ Protéines/ Eiwitten	2.9g
Salt/ Sel/ Zout	1.9g



Best Before End: See Lid
Store in a cool dry place.
Refrigerate after opening
and use within 4 weeks.

